

Daily Affirmations- March 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Tues., March 1 st	What's done is done. Reflect on your choices, for the future's not promised.
Wed., March 2 nd	If nothing changes, nothing changes.
Thurs., March 3 rd	I am changing my lifestyle. I will be a better person for myself.
Friday, March 4 th	Life has twists and turns. Only you can balance it.
Sat., March 5 th	Speak positive. Receive positive.
Sunday, March 6 th	Pray daily.
Mon., March 7 th	Practice self-kindness.
Tues., March 8 th	Seek guidance. Have hope. Help yourself.
Wed., March 9 th	Staying clean is staying free.
Thurs., March 10 th	Have a plan.
Friday, March 11 th	Life is a gift not a promise.
Sat., March 12 th	Love yourself or you'll never know what love is.
Sunday, March 13 th	Seek ye first the kingdom of heaven and all else shall be added unto you.
Mon., March 14 th	I love others as I love myself.
Tues., March 15 th	The dirt in my past grows the flowers of my future.
Wed., March 16 th	It gets better.
Thurs., March 17 th	First think. Then act.
Fri., March 18 th	You don't have to Go just because the light is Green.
Sat., March 19 th	In the end everything will be OK. If it's not OK, it's not the end.
Sunday, March 20 th	No matter how many times you fall, you can always get back up.
Mon., March 21 st	Shine radiantly. Don't let anyone or anything cast a shadow.
Tues., March 22 nd	Life is too short to be scared of the outcome.
Wed., March 23 rd	Think outside your thoughts.
Thurs., March 24 th	Live your life looking forward.
Fri., March 25 th	Before you appreciate sunshine you must first learn to dance in the rain.
Sat., March 26 th	Set goals: Short-term, medium and long-term. One day at a time.
Sunday, March 27 th	I am fearfully and wonderfully made.
Mon., March 28 th	Focused on my sobriety, I'm making positive changes that will continue after I am released.
Tues., March 29 th	Now is not forever. This too shall pass.
Wed., March 30 th	One bad apple spoils the bunch. One good apple feeds the world.
Thurs., March 31 st	Life happens. Don't give up.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.